

## CRAFT OF COACHING

### The PE & Sport Curriculum

<b><u>Technical</u></b>	<b><u>Psychological</u></b>
<ul style="list-style-type: none"><li>• Technical practices (Un-opposed)</li><li>• Skill practices (Opposed – (2v1) (4v2))</li><li>• Small-sided games (3v3) (4v4)</li><li>• Game craft / understanding</li></ul>	<ul style="list-style-type: none"><li>• Learning</li><li>• Developing – Needs of the child</li><li>• Practising</li><li>• Decision Making</li><li>• Learning Styles</li><li>• Awareness</li><li>• Understanding</li></ul>
<b><u>Physical</u></b>	<b><u>Social</u></b>
<ul style="list-style-type: none"><li>• Gross Motor Skills</li><li>• Movement Skills (ABC's)</li></ul>	<ul style="list-style-type: none"><li>• Enjoyment</li><li>• Fun</li><li>• Challenging</li><li>• Experience</li><li>• Teamwork</li><li>• Confidence</li><li>• Self-Esteem</li></ul>